

BRIDGES

WEDNESDAY, MAY 27, 2015

READ MY BOOK:

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of Dead Rock Stars:
Illustrated Edition **P. 2**

MUSIC:

Autoplot has its own
hard-to-define sound
and fans love it **P. 4**

SHARP EATS:

Cookbook gives tips on
reducing food waste
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A STARPHOENIX COMMUNITY NEWSPAPER

ONE VOICE ONE GOAL

DEEDEE MALTMAN, WITH THE HELP
OF MIKE BABCOCK, AIMS TO REVOLUTIONIZE
MENTAL HEALTH TREATMENT **P. 6**



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READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

并 WPS 电子词典

Dead Rock Stars: The Illustrated Edition



2004-07-10

I am experiencing quite the year — full cards and all that!

I began writing *Dead Rock Stars* a decade ago this winter — the book is about a journey and it's taken me on a journey too. It's actually altered my whole world (for the better) ever since day 1, ever since Jim Morrison spoke to me from beyond the grave through a poster in a used record store. It was like he was telling me, *Listen, Jim Morrison wrote this book, come on!*

1488 (as it's commonly referred to) took almost four years to write, one year to get published, and it's now been reprinted numerous times and been incorporated into various curricula. Antoni Astudillo holds the audio version and it has been downloaded many times over on Napster, KaZaA and iTunes. But more than any of that, my own sense of self-worth has increased tenfold.

What I truly love about this new illustrated

version as the collaborative efforts involved.

spent thousands of painstaking hours developing the striking images and another 1000 hours. Christ Painter tackled the cover design. Satin Book Arts' Jay Sestka prepared the forward and George's renowned *Your Native Worth*. Worth Publishing handled the publishing end of *Itineraries*.

Though the now classic story is distinctly set in the early 1900s I feel the tale is timeless—the themes, too—embrace diversity, forgive, regrets, be kind, and love rock 'n' roll. Is there really anything more to like than that? Enjoy the ride!

Dead Rock Store: The Illustrated Edition is available at most bookstores, including Amazon's McNally-Robinson and Indigo and Page's Chapters. It is also on e-book through Kobo, Kindle and iBooks. You can read more about it [here](http://www.rockstorebook.com).



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Dee-Dee Mathman, along with Mike Babcock, started One Walk, an event to raise funds for The Mental Health Project to help those who suffer from mental illness. **MIKE PHOTOS BY LIAM RICHARDS**

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MUSIC PG. 4



Colton Peltz, Marlon Kieder and Jose A. Fernández of Sault Ste. Marie's Autopilot are performing at Anagnos on June 3 to promote their new album. **MIKE PHOTOS BY LIAM RICHARDS**

BRIDGES COVER PHOTO BY LIAM RICHARDS

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MUSIC

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SASKATCHEWAN MUSIC SCENE

Autopilot takes the road well travelled



Autopilot (from left): Jason A. Farkas, Morgan Herter and Colton Ferri. The band is preparing for its fourth studio album and tour. (Courtesy of Autopilot)

By Sean Trembath

The image on the cover of *Autopilot* is a later shot from *Desert Dreams* — it has rolling down the highway — makes sense for a band that has spent so much time on the road that most people know about them outside their hometowns than here.

The Saskatoon band started playing in 2008,

and has toured both Canada and the United States extensively since. Now, with their fourth release just a month old, they're preparing to head south to Texas and back, playing more than 50 shows in a month.

"We try for no days off," Morgan Herter, the group's frontman and lead guitarist, says.

Having spent so much time on the road, Herter says there's often people who know them in random cities. He also spends a lot of

time promoting.

"We work hard to try to get the word out because we go, so people know who we are," Herter says.

The band has always done well on college radio, according to Herter. "Everyone's heard us on college radio," he says. "It's not hard to see why. The group's sound is hard to pin down and rewards multiple spins. There's a power pop sensibility but layered guitars have random intervening use of effects prevent it from

ever becoming machevous." Herter cites Modest Mouse as his main influence and you can hear it. There's an exuberance to the record.

Even the players have trouble describing the sound. "I don't even know how to define it. I define it as unique. We have one sound, it's Autopilot," says A. Farkas, who has drummed in the group with Herter since 2009.

He considers it a huge strength and a big part of why sounds read well to shows.

MUSIC



Marion Hunter is the founder of *Sophomore Journal Australia*, a fifth year tradition.

"We have such a weird, unique sound that people are always intrigued by what we do. We have different sounding music... but no one can really pinpoint what we sound like."

Desert Dreams, which also features Coffey Fehr on bass, come together — *Paul Greenberg*

"It's one of the fastest albums we've ever recorded. From starting to writing process to being finished recording was only a matter of a couple weeks. Everything just kind of came together."

When asked how he knew it was time to record a new album, Herder was rather offhanded.

"We had some songs we liked, that we thought were good to release, and when we went into the studio it just

Berger uses "us" and "we" when discussing the group but Pernas also gives most of the credit to Berger.

"But the most part it's here. I give some ideas here and there, but I wouldn't call myself a big part of the songwriting process," Purnell said.

He says Hunter's older son beat the

www.schaeffler.com

"I think Marian's motivation is pretty inspiring and courageous. He's really immersed himself into the music world and tried to make Autopilot actually happen, and keep it going."

For all their time building fans elsewhere, Harder says they could have put more effort into the hometown crowd. It's not that they're completely unknown but they aren't necessarily well-known.

"It's our fault. Sometimes we don't focus on Saskatchewan as much as we should. That's something we're going to do from now on, play a little more love in Saskatchewan," he says.

Their next chance is coming June 5, when they'll play Vangels as a warm-up for the upcoming tour.

Whatever has been they can hardly bear, the road is still where Heeder's heart is. He strives for a future as a full-time touring band.

www.kathybailey.com
Facebook.com/kathybailey

See the [www.infojobs.it](#)

POLY(1,4-PHENYLENE TEREPHTHALIC ANHYDRIDE)



Desert Dreams is the 19th release by Sustained Energy Australia.

ON THE COVER

When you're sick, that doesn't make you weak, it just makes you sick. — Mike Babcock

ONE VOICE

One goal: reimagining mental health treatment



DeeDee Maltman has teamed with Mike Babcock to form One Voice, a charity aimed to help those suffering from mental illness. **PHOTO BY LIAM RICHARDSON**

By Kendall Latimer

THE CATALYST

Two summers ago, DeeDee Maltman and Mike Babcock lost two close family friends to two forms of mental illness.

"Within two weeks of each other," Maltman said. "It was such a tragic moment."

On July 14, Ian Blackford, a lawyer and mental health advocate, was stabilized to death by an aichthiaspherasus son, Alvin, who was 21 years old at the time.

On July 30, Jordan Charter, a 21-year-old who excelled in the classroom and sports, stopped from a car driving around 300 km/hr. He had been diagnosed with bipolar disorder five years before.

In a recent interview with Bridges, Babcock and DeDee talked terrible lit-

young adults forced to suffer in silence.

"To me that's the priority here."

The two are dear. Babcock has known the Charter family for years through hockey. Jordan went to high school and university with Maltman's daughter.

The Blackfords were prominent mental health advocates in Saskatoon and both Maltman and Babcock knew them well. They shared many fonds in common: their love of travelling at both Kasota Lake and Saskatoon.

These tragedies have driven Malt-

I started to put together the pieces of the why. Why do these things happen?

—DeeDee Maltman

THE IDEA

Maltman and Reback are longtime friends and regular fundraising partners. Reback called Maltman two days after Chertier's funeral, asking her what they could do for mental health.

Maltman knew it had to be bigger than a single fundraiser.

She has presented as a friendly physician for three decades. In 2013, she went back to school seeking new ways to help patients.

Nave is the medical director of the Centre for Integrative Medicine at the University of Saskatchewan.

Integrative medicine attempts to find the root cause of disease, instead of focusing on a symptom. It encompasses all aspects of a person's life. It is a healing-oriented treatment with potential to save patients from the revolving door of the current system.

"We're creating support at the gal level, the microbial level, the chemical level, the social level, the exercise and physical level," Maltman said. "It's all levels put together."

Multiple things need to go wrong to create mental illness. It takes multiple things taken out of it, she said.

Mental health touches everyone. Those deeply affected are often left searching for answers and grappling with one particular question: Why?

Continued on Page A 8



Jordan Chertier, a 22-year-old who excelled in one classroom and wasn't even diagnosed with schizophrenia until five years before.
BRIDGETTE PHOTOS

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Mike is all about performance. We all have a performance that we can optimize, and that's what we want to do for mental health. — Maltman



MIKE BABOCHKA is a two-time Olympic gold medal winning coach of Team Canada and now reportedly current head coach of the Toronto Maple Leafs. GETTY IMAGES FILE PHOTO

THE SOLUTION

"I started to put together the pieces of the why. Why do these things happen?" Maltman said.

Integrative medicine equipped her with new tools. Dr. Della Maltman and

others to leave the current healthcare system was overheard. Maltman said, inspiring people upstream with integrative medicine can lessen that burden. And when patients are seeking alternative forms of medi-

cine, especially for chronic disease. She began to conclude the need for a different approach with her new knowledge. A new mental health initiative evolved for Saskatchewan. The Mental Health Project.

The Mental Health Project will study the outcomes of integrative medicine, a "mind body spirit" approach to treat mental illness. The project and website has started to shift from the century-old hospital

model. She acknowledges great scientific advances such as vaccines, antibiotics and hygiene, were birthed from the model. It allowed for better quality lives, but it's not the answer for everything.

We need to show it works, we need to prove it works because once it's validated, people will sit up straight and listen. —Maltman



IAN RABINOFF was killed by his own device, who inspired pharmaceutical director www.starPhoenix.ca

"In some ways, the model leads us because that type of research doesn't lead itself to the broader application of having on all levels take the whole-body spirit point of view does," Maltman said.

The Shared Health Project, initially an outpatient treatment centre, won't neglect pharmaceuticals. Instead, it will use them as a complement to the bigger solution.

Pharmacy treatment will include — but not be limited to — examining pharmaceuticals, grief centres, and social marketed, low-intensity interventions. "If you're stressed, if you're anxious, if you're in pain, if you're dealing with depression or anxiety, pharmaceuticals will be used to rule-out conditions like thermal dysphagia or colic disease. An emphasis will be placed on the patient/practitioner relationship."

The project can become an example of a new paradigm of medicine, she said, and she has the perfect ally in her in it through

"Moke is all about performance," Maltman said. "We all have a performance that we can agree on, and that's what we want to do for mental health."

ONE VOICE: THE FUNDRAISER

Everyone has a story about mental health, Maltman said. When people come together with one voice, we can erase the stigma.

"When you're sick, that doesn't make you weak. If just makes you sick," Bobcock said. "It's time for a change."

Bobcock said more funding is needed for mental health care. The duo hopes to collect \$1 million for their major fundraiser One Voice.

Bobcock is a basket case, sort of a disaster, but he can see how mental health affects players, parents and children. It affects everyone. He also knows how challenging it has been for the people in his life to get treatment by the right doctors and receive appropriate care and living.

"I can think of nothing worse than suffering in silence."

Scientific research requires money. As soon as they have enough funds, they can begin research, Maltman said.

Continued on Page 10

OVER 65 EVENTS • 7 VENUES • JUNE 18-21, 2015



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You've got to love people of the Prairies. They roll up their sleeves to get the job done. I feel like we're raising a barn together. — Maltman



DooDoo Maltman (left) and Mike Babcock co-chaired the One Voice fundraiser after losing friends to mental illness. INSETS PHOTOS BY LISA RICHARDSON AND GREG PENDER

Once the evidence-based research is validated, they can strengthen treatment into the wider community with integrative medicine.

"We need to share it with us, we need to prove it works because same (it's) validated, people will sit up straight and listen," Maltman said.

For donations and support from the community have been abundant.

"You've got to love people of the Prairies. They will roll up their sleeves to get the job done," she said. "I feel like we're raising a barn together."

Donations will be part of the historical shift in mental health, she said, adding it makes sense for Babcock to be at the forefront of the new approach, since the governor has often led the health care industry.

Major sponsors such as Cineplex and a long list of high-profile athletes and celebrities, including but not limited to Michael Landsberg, Chris Shephard, Patrick Marleau, Ryan Getzlaf, Ketti Wasmund, Kelly Brooking, Jennifer Jones, Hayley Wickenheiser and more are already on board with One Voice. The Stollers is a Canadian

company that based in Nashville, are headed to perform.

Local businesses have donated their businesses and volunteer services. People are holding strike nights and sports tournaments so they can represent their group at the event. Somers is growing fondness for the salad. Yoga teachers are putting their karma into money toward One Voice.

"There is a better way to celebrate the great people of Saskatchewan than raising money for One Voice to mental health," Babcock said.



Once people understand the importance of the Mental Health Project, it will be easy to get them involved, Maltman said.

All donated funds are to be directed through the University of Saskatchewan and tax receipts will be provided.

"We are not letting this go until we see that it's happening. We're not going to walk away," Maltman said.

The One Voice fundraiser will be held on July 26. See www.themhproject.com for more details.



Next week in BRIDGES

Author and co-founder of the Idle No More movement Sylvia McAdam has written a book about recovering Cree culture through language

OPEN HOUSE

June 2, 2015

Lakeview Church | Theatre 4 - 6 pm
1500 18th Avenue North
Regina, SK S4N 2G2
(306) 374-8555

June 3, 2015

Brian King Centre 4 - 6 pm
229 18th Avenue North
Winnipeg, MB, R3C 2A3
(204) 969-9221

partnershipforgrowth.ca

To be accepted in 2016, the Project Plus is now in the early stages of development. This year, business will provide an Internet introduction to the planning process and participants will be early adopters of the Project Plus.

Additional materials include Project Plus in Regina, Project Plus in Moose Jaw, Project Plus in

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ON THE SCENE

GUZOPALOOZA 2015

Successors of the Sekukion City Hospital Foundation organized a night of Guacamole in the Sheraton Center. The gathering was hosted by the Greek-Hellenic Community of Sekukion in support of the foundation. Proceeds from Guzopalooza will benefit the foundation's Equip for Excellence Campaign. The multi-million dollar campaign aims to enhance health care at Sekukion City Hospital through purchasing new equipment, resources and technology. Past Guzopalooza proceeds have helped purchase vital and funds cameras for the Eye Care Center at the hospital. These tools provide more accurate imaging that allows for better diagnosis and treatment.

BRIDGES PHOTOS BY LIAM RICHARDS



ON THE SCENE



1. George Kacmar and Kayla Schier

2. Marisol and Genevieve Barrios

3. George and Delphine Prokes

4. Alex Irib, Emily Barnes, and Mac Kortes

5. Justin Beychuk and Mandy McLean

6. Jackie Tannent and Cheylette Semenewich
7. An iron sculpture is prominently displayed

8. Deon and Cheryl Toff

9. Tom and Deloris Spencer



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PAUL MERICS

IN THE CITY

■ MAY 23, 2015 — 9:15 P.M.

Eat your heart out



Allen Iruin enjoyed a sandwich from Cisco Dogs food truck during the Food Truck Mats at the Sutherland Curling Club on May 23. (Rebecca Heaton/PHOTO BY LILAH RICHARDSON)

ASK ELLIE

Secrets and lies will make a relationship intolerable

Q. My boyfriend and I have been together 14 years. Living together for 10.

Whatever's most the subject of argument, he gets very excited and talks about it. Yet he's never proposed. We have a son, we live.

He works hard, loves me very much, and loves spending time with me at home. We have a very quiet side to life. All our family and friends are around us a lot.

We both work with combined earnings over \$100,000. We live in a tiny apartment with laundry facilities 10 stores down, and I want us to buy a house. He says he won't really financially for the big responsibility of house ownership. He did agree to rent a townhouse.

When the owner asked for financial background checks, I learned that he's a co-owner of these houses — one where his parents live the others for his brother and his grand mother. All bought in the last eight years.

His name is on all these mortgages. He's never mentioned any of this

Ask Ellie



to me. When confronted, he said he's doing them all a favour and will never receive money from those houses.

Four landlords I have asked about this have said it's unusual. I was furious, but he won't remove his name from these houses.

Recently, his father bought a new car which I discovered belongs to my boyfriend though he doesn't drive it. He also didn't tell this to me.

I'm now questioning our relationship can we together and our future. Putting off his other family makes me want to walk out.

Very disappointed and lost.

Q. Once you know the truth, living with someone and deciding becomes instantaneous.

Your boyfriend is neither open nor trusting of you. That makes him unsatisfactory for me. You can't be sure and none of what he says is real, a nervous, an excuse or a lie.

Depending on where you live, you have some common law protections but he's presented you from having shared assets.

Get protective on behalf of yourself for yourself and your son. Talk to a lawyer; not living your rights.

Also ask whether marrying him would put you at a worse position if these debts, though real, are study.

"Very comfortable life" now her beautiful, spacious abode. If you'll have to decide if you can live with him as before, or cannot.

Q. My mom left my dad when I was in my early 20s. He soon found a girlfriend (she doesn't do well alone).

Even though I tried to like her, this woman's always treated me like a bratty kid in the way of her rude talk with him.

I'm a married, well-educated, financially independent businesswoman

in my late 20s.

She makes rude comments about my dress sense in my own home, and I can't get rid of the family baggage which I've been going to since a youngster. She's opinionated and judgmental.

Since their last visit, I've been assailed with anger and heartbreak about the damage I feel has happened to my relationship with my dad.

How do I deal with her in future? I'm not comfortable with confrontations and don't want to hurt my dad.

Dearest Daughter

A. Try to see your dad as his own, if that's ever possible. Mention an emotional relationship with him, but never badmouth her.

Ignore bad comments — she's just picking a weak spot. When you visit, hire a dog walker for the period of time.

Occasionally do something nice to deserve her — e.g. flowers for her birthday. Get tickets for something interesting and go out or two or three.

If the antagonism she feels, he-

cause she knows your father loves you.

Q. I am in my first year of middle school, in the same class as my best friend. We met a few other girls.

At first we didn't hang out with them until we did. Now it seems that I'm invisible to them.

They are completely taken over my best friend. How do I get them to notice me and how do I get my best friend back?

Totally Busted

A. Some friends can be very fickle because they're desperate to be popular. You're not like that, you're a loyal person who just wanted to get together in a good group.

Hold onto that value. You're not invisible; your best friend turned to his mate.

Tell her you hope that she isn't neglecting on her girls since they don't have the bond you two share.

Then talk to other girls, just be open to other friendships. You'll find other good people.

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■ MUSIC

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Buds on Broadway,
817 Broadway Ave.

**Wensis & Music Series: the
Wild @ The Basement w/
Candice Savage and The
Last Keys**
The Basement,
204 Fourth Ave. N.

**The Reverend Horton Heat
w/ Nekromantix and The
Brain**

Amigos Centre,
806 Dufferin Ave.

Crooked Throat
Capital Music Club,
244 First Ave. N.

Smokin' George
Piggy's Pub and Grill,
1403 Mayfield Dr. N.

Whitney Rose
Village Gallerie & Arms,
432 20th St. W.

Thurs., May 28

Jessie Cook
TCU Place,
33 22nd St. E.

Marie Brad-Freight Train
Checkers Restaurant &
Lounge,
1-227 Pritchard Dr.

Betty Lauster
Broadway Theatre,
715 Broadway Ave.

Pennie Turnbull
Buds on Broadway,
817 Broadway Ave.

**Sweatshop Union's Pigeon
Hole w/ Reverse DJ**
DJ Heywood, Alpha Kappa Alpha
DJs ENB



Summer: Jessie Cook and piggy's Thursday at TCU Place. marthawilliams.ca

**Amigos Centre,
806 Dufferin**

**Greg Macpherson w/ Geoff
Smith**
Capital Music Club,
244 First Ave. N.

**The Archizoo w/ Decades,
The Nerds and Cpt. Pekard**
Vergil's Tavern,
801 Broadway Ave.

Screamer
Buds on Broadway,
817 Broadway Ave.

Marie Brad
DJs ENB

Pennie
Piggy's Gallerie

Driftwood
Army & Navy Club,
309 First Ave. N.

**What you need to know to plan your week.
Send events and photos to bridges@thestarphoenix.com**

359 First Ave. N.

Slightly Off-Centre
Marley's Restaurant,
310 8th St. E.

Leban Delis
Fairfield Senior Citizens'
Center,
124 Pleasant Ct.

Lounge Lizards
Rock Town Tavern,
3330 Franklin Dr.

**Slow Down, Melonheads w/
The Manic Lepage Project
and The Avi Avi**
Amigos Centre,
806 Dufferin

Absofunkinitely
Capital Music Club,
244 First Ave. N.

**Grid Pickers w/ Demarest
and Quince Town**
Vergil's Tavern,
801 Broadway Ave.

The Wrights
Piggy's Pub and Grill,
1403 Mayfield Dr. N.

Idle Reins
Stan's Place,
109-110 8th St. E.

Sat., May 30

Screamer
Buds on Broadway,
817 Broadway Ave.

Piano Sessions: Neil Car-

**Piano Series: Tommy Banks
and P.J. Perry**
The Basement,
204 Fourth Ave. N.

Driftwood
Army & Navy Club,
309 First Ave. N.

Ralph's Rhythm Kings
Downtown Lepin,
608 Spadina Cres. W.

**Leidy Hinse
Natalie Loggin,**
3021 Louise St.

Marc Hell Trio
McMilly Robinson,
3020 English St. E.

**Shep's Jammie w/ Anne
Haworthstock and Fem**
Zanzibar Cantina,
808 Dufferin Ave.

**Johnny Two-Fingers and
The Defarables w/ The
Rebels**
Vergil's Tavern,
801 Broadway Ave.

The Mights
Piggy's Pub and Grill,
1403 Mayfield Dr. N.

Idle Reins
Stan's Place,
109-110 8th St. E.

Sat., May 31

Akoustic Jam
Buds on Broadway,
817 Broadway Ave.

PHOB w/ The Russ
Zanzibar Cantina,
808 Dufferin Ave.

Alce Re
Capital Music Club,
244 First Ave. N.

**Passa Passe: DJ Scott
Turner, DJ Heywood, MC
Kash**
Gibraltar Event Centre,
244 Second Ave. S.

Mon., June 1

Blackberry Wine Blend
Buds on Broadway,
817 Broadway Ave.

Tues., June 2

**Gavin Iggle and I Am the
Meatmen**
Buds on Broadway,
817 Broadway Ave.

EVENTS

What you need to know to plan your week.
Send events and photos to bridgee@thestarphoenix.com

ART

Mundart Art Gallery
Until June 7 at 1950 Spadina Cres. E Spring exhibitions: The PWB World with works by 11 Indigenous artists, 43rd annual School Art, and the IIBC Artability Artists-membership exhibition. Time and Tales, with works by Des Gibbons and painter Terry Billings. Reception for all spring exhibitions May 26, 6 p.m. Launched at the reception, Tribes Indigenous Art symposium runs May 29-30 at La Résidence. Check out the silent sale in the gallery shop. The gallery will be closed June 8.

Gallery on Third, Weston
Until May 27 at 1102 Third Ave. E, in Weston. Children's art exhibit.

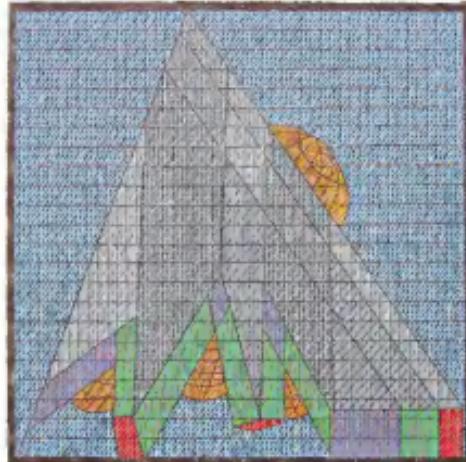
The Gallery at Princess Moresby Central Library
May 27 until July 2 at 311 23rd St. E, in the Footsteps of Yon by Greg Hampton and Ken Van Bens. Works from Alpinebank Park. Reception May 28, 7 p.m. to 9 p.m.

The Gallery at Art PlaceWest
Until May 28 at 2008 Third Ave. S. The One 1965-2006, celebrating over 40 years of work by Dorothy Kowalewski.

Black Spruce Gallery
Until May 29 on Highway 3 at Northstar Spruce Ready. Works by Cheryl Taek Taffan, Denyse Kertis, Jacqueline Fife Miller, Cam Forrestier, Angela Morgan, Jennifer Sparrow and more than 25 Canadian artists.

GOYA Art & Design
Until May 29 at 235 Third Ave. S. Books and kids' items by Dara Lowe and D. Dease. 33 St. Steele HulaHoop runs June 1-19. Reception June 2, 7 p.m. to 9 p.m.

AKA Artist Show
Until June 20 at 424 30th St.



Dawn 27 Universe Church by Gerald Rivoire on display at Green-Art Collected Home.

W. in Bishop. The annual adjudicated art show. Works by several local artists.

Handmade Home Showcase
Until May 30 at 710 Broadway Ave. Prairie Elementary, a show of fibers by Cindy Hooper.

10th Annual BreatheArt Fest
May 30, 10 a.m. to 5 p.m., on Broadway Avenue. Celebrates Saskatchewan's visual art community with various local artists, artwork and art organizations. Refreshments, observation, buy, discuss and create art. Free event! with Monstar Truck, 3 p.m. to 7 p.m.

WoodFest
Until May 31 at 1810 Lorne Ave. Rock, paper, scissors by Wally Glem and Marlene Shiles.

Biggar Museum and Gallery
Until May 30 at 105 Third

St. Paul's Anglican Church, 100

Westend Regional Library
Through May 31. Various Works by 10th Grade students.

Art in the Centre
Through May at Parkdale Centre, 110 Cooper Cres. Works by Bridge City Artists.

STH Gallery

Through May and June at 133, Thomas More College, 1437 College Dr. Bookworks by Monique Martin and Carolyn Miller.

Green-Art Collected Home
Until June 3 at 21-205 St. W. Chancery Plaza at 10th Avenue. Representations and the Transient Object. New works by Gerald Percy.

Veldt Gallery

Until June 3 at 2-1066 Eighth St. E. Roots of the Yukon Peninsula, black and white photography by Sharen Costak.

Wild in the City 3

Until June 16 at City Perks Coffeeshop, 501 Seventh Ave. A group exhibition by 5 local artists. A come-and-go solo run. Mar 29, 7 p.m.

Eye-Gallery

Until June 16 at 111-112 College St. Photography by Terri Thomas.

Hayfield and District Gallery

Until June 29 at 691 Main St., Hayfield. Reception, an OSAAC touring exhibit of Saskatchewan's printmaking. Etched, a local perspective exhibit by Shanon Elsner, runs until June 27.

Western Development

Museum
Until June 30 at 200 Lorne Ave. Art EGG by Wendy Yon Miller. Echoes in the ice. Finding Franklin's ship runs until July 3. A travelling exhibition that uses artifacts, images, audio-visual presentations and art.

Kelving Fine Art
Until June 20 on the eighth floor of the Reservoir. Bronze sculptures of wildlife by Tom Shultz and figurative mixed media by William Prette.

Western Development

Museum
Until July 5 at 2610 Lorne Ave. Ickies in the ice. Finding Franklin's ship. A travelling exhibition that uses artifacts, images, audio-visual presentations and art.

St. Thomas More Gallery

Until Aug. 27 at 1407 College St. or 1430 Main St. by Marique Martin and Cathryn Miller.

Myhouse Studio & Art Gallery

Until Aug. 21 at 308 Spadina Cres. W. Artworks by Emily Carr, a Canadian artist living and painting at the same time as the famous Group of Seven. A Peaceful Meditation garden out front features Emily Carr quotes.

Westminster-Museum of Canada

Until Aug. 31 at 910 Spadina Cres. E. S. Bubbs House by photojournalist Lillian Durey and Kaiti Kopak.

FAMILY

Stars and Stripes
Wednesday, 1 p.m., at Centre Cinema, The Centre. Choice of two movie each evening. A family-friendly environment with reclining theater seats, dimmed lighting, a changing table and separate parking in select theatres.

Go! Climbing and Play
10 a.m. to 6 p.m., in day 4 of 401 9th south Highway 12, W. de Wavrin. Sesko's newest indoor playground. For children up to age 12. Visit www.seskoindycamp.com or their Facebook page.

EVENTS

Fun Factory Indoor Playground

Daily at 16320 Quail Ave. A giant indoor playground for young children. Adults and children under one year are free. There is a separate fenced in area for children under two.

Children's Play Centre

Daily at 16340 Heights Mall. A fun, safe, environment for preschool children to play. Please note this is an un-supervised play area, and adults must stay with and supervise children at all times.

Market Hall Children's Play Centre

Daily just off the food court at Market Hall. This play area is free and has different level slides. Children must wear socks in the play area.

Reiniers Indoor Playgroups

Thursdays, 9:15 a.m. to 11:05 a.m., through May 14, Emmanuel Baptist Church, 1634. As adults or parent-supervised playgroups for kids up to age five. A bounce house and toys for kids, designated parent play area, coffee for parents. Register on annual information at scooterstia.com or their Facebook page.

Parent and Toddler Yoga

Thursdays, 10:30 a.m. to 11:30 a.m., until Saturday, 10:30 a.m. to 11:15 a.m., Yope Yoga, 2-105 Third Ave. S. Classes taught by Nima Zandi. For parents of children ages one to five. Introduce your toddler to the world of yoga. Classes include postures, poses, inversions, reversions, play and song. Classes are six weeks. Register at freedomfromyoga@gmail.com, 305-381-8853.

Breastfeeding Cafe

Thursdays, 10 a.m. to 11:30 a.m., at Westview Primary Health Centre, 3301 E. 16th



Check out the Mexican clothing at the Historical Clothing of the Late 19th-Century exhibit at the **Market Hall**. **REEDERS FILE PHOTO BY MICHELLE REEDERS**

Get a drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

Meeries For Mommies

Thursdays, 10 a.m. to Rainbow Cinemas in The Centre. An infant-friendly environment with reduced sound, change tables, bottle warmers, and stroller parking.

Swing 'N Scream Camp

Until May 29, 9 a.m. to 12 p.m., at Emmanuel Anglican Church and The Assembly, 104-12, 9 a.m. to 12 p.m., at Maple Leaf United Church, and 104-10, 9 a.m. to 12 p.m., at Emmanuel Anglican Church and The Assembly. For parents and preschoolers, ages three to five. Introduce your toddler to the world of yoga. Classes include postures, poses, inversions, reversions, play and song. Classes are six weeks. Register at 305-632-9448, reaskidz.com.

Shop 'N Stroll

Fridays, 9:30 a.m. to 12:30 a.m., inside in front of Coaster Service at The Mall.

at Lawson Heights. Classes consist of power-walking, body-sculpting moves using exercise tubing, and a session for parents and babies. Pre-register at freedomfromyoga.com. No classes on stat holidays.

Belly Talk at SPL

Fridays, 10:30 a.m., at silica Turner Branch, Mondays, 10:30 a.m., at Kylie King Branch and 10:30 a.m., at Cliff Wright Branch. Half-hour singing and rhymes, than mingle with other parents.

Historical Clothing of the Late 19th Century

May 31, 1 p.m. to 4 p.m., at The Centre, 104-12. 10 a.m. to 1 p.m., at 1630 16th St. E. Hands-on and interactive workshops involve the clothing that would have been in worn when the Hwy was new. No registration required. Address issues in use and donations are welcome.

Wild Yoga Classes

April 5 to 10 on Saturdays, 10:30 a.m. to 12:30 p.m., home-schooled ages five to 12 years. Mondays, 10:15 a.m. to 11 a.m.,

What you need to know to plan your week. Send events and photos to bridges@thestarphoenix.com

8 a.m. to 1 p.m. Yope Ufc, 2-105 Third Ave. S. Classes taught by Nima Zandi. For mothers with babies as young as six weeks. Tone and strengthen your body, learn relaxation and meditation tools and explore breath-work. Classes are six weeks. Register at freedomfromyoga.com.

Preschool Story Time Tuesday, 10:30 a.m. to 11 a.m., at McNeely Preschool, 3301 16th St. E. For children ages three to five in the Circle of Trees. Call 306-955-4777.

Read & Paint

The first Tuesday at 10:30 a.m., and Wednesday at 1 p.m., each month, at Well Read Poetry, 3310 16th St. E. Suitable for ages two to six, each month features a different story, followed by a related painting project. Just \$2.35, read "The Giver of Green" and paint dragon scales. Register at inpres.org. No classes on stat holidays.

Prenatal Yoga

Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 244 Third Ave. S. Designed to introduce pregnant women to gentle postures to help maintain a healthy body through pregnancy. Call 306-351-0000. Register at freedomfromyoga.com.

Canadian Light Source (CLS) Open House

Memorial, 10:30 a.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Pre-registration is required. Call 306-351-3564, all.outreach@cls.ca, or visit lightsource.ca/education/outreach.html.

Prenatal Partner Work-

shape Your Childbirth Saturdays, 1 a.m. to 4 a.m., at Birth Rhythms, 311 Third Ave. S. Initiated by Nima Zandi. Learn various tools and techniques to help you through labour and delivery. No previous yoga experience is required. Classes are six weeks. Register at freedomfromyoga.com, 306-361-4852.

Swing 'N Scream

Saturdays, 2 p.m. to 4 p.m., at the Mandel Art Gallery, 1120 Spadina Ave. If May 31, 10 a.m. to 12 p.m., at Joseph Magnin. How to swing with a focus on the ownership of the land. For ages eight to 15. Dancing, yoga, jazz, golf, tennis, and art and crafts, and a final performance for parents. No previous experience needed. Register at reaskidz.com. Early registration deadline is June 1.

Move 'N Scream Kids Summer Camp

July 10-17 and 20-24, 9 a.m. to 4 p.m., at Mandel Art Gallery, 1120 Spadina Ave. For ages eight to 15. Dancing, yoga, jazz, golf, tennis, and art and crafts, and a final performance for parents. No previous experience needed. Register at reaskidz.com. Early registration deadline is June 1.

Saskatoons/Public Library Programs

ONGOING: daily programs for children and families. Find the calendar at saskatoonslibrary.ca/may/2015.

EVENTS



37th Annual Saskatchewan Marathon goes May 30, 7:30 a.m., in Diefenbaker Park. Tickets \$10, plus \$5.

SPECIAL EVENTS

37th Annual Saskatchewan Marathon

May 30, 7:30 a.m., in Diefenbaker Park. Presented by Petichet Corp. and hosted by the Saskatoon Road Runners Association. Half-marathon, 10km race, 5km race and a 1-mile fun run for kids. Registration deadline is May 26. Visit saskmarathon.ca.

Saskatoon Farmers' Market

Open year-round. Wednesday and Sunday 10 a.m. to 3 p.m., and Saturday 8 a.m. to 3 p.m.,形成 are in accordance Tuesday to Friday, 10 a.m. to 6 p.m., and Saturday and Sunday during market hours. Food service and specialty shops are open. Information at saskatfarmersmarket.com. Contact 306-364-6252, info@saskatfarmersmarket.com.

Regatta Barbershop Choir

Wednesday, 10 a.m. to 1 p.m. at St. Paul's United Church, 454 Victoria Ave. Clothing for babies, children, men and women, and jewelry funds raised support the Lighthouse project.

Mayfield Cancer Bowling

Wednesday, 1:15 p.m., at May-

fair United Church. Beginners and experienced players are welcome. For information call 306-621-2181.

Carpet Bowl

Thursday, 12:15 p.m., at Nutana Legion Hall, 3320 Louise Ave. Hosted by the Nutana Senior Citizens Association. Lunch and coffee are available for a fee.

The Men/Menfits

May 25, 10 p.m., at Abbeyfield House, Saskatoon, 1320 Ave. K. 5'5" suits and motifs on aging gracefully. Refreshments will be provided.

YWCA Saskatoon 2015 Warm and Direct Care Awards

May 26, 7:30 p.m. to 10:30 p.m. at TCU Place. Presented by YWCA Saskatoon. Candidate an inspirational stories of women and their leadership and contributions in the community. Dinner, silent auction and awards. Tickets at ywca.org. Funds raised support YWCA Saskatoon services.

Zumba in the Park

Thursdays until June 25, 7 p.m. to 8 p.m., at 45th Street and 14th Ave. Presented by the Zumba Community Association. A \$5-

ness program that combines Latin and international music with dance moves. Tickets at picatic.com.

EPIC-Dances

Thursday, 7 p.m., in room 13 at Albert Community Centre, 619 Clémere Ave. S. Saskatoon International Folkdance Club. Learn dances from many countries around the world. First night is free. Visit epic-dances.com.

18th Annual Fundraising and Dover Appreciation Event

May 28 in Saskatoon. Hosted by Saskatoon Friends of the Shewchenko Foundation - Saskatoon Chapter. Celebrating the Ukrainian community's contribution to Texas Sheepdog繁殖 and the Ukrainian culture. It is made for many years to come. Tickets available from committee members or at shewchenko.fundraising@gmail.com. Price: \$20-\$25-\$30.

Adult Canvas Painting Class

May 29-29, 6 p.m., at Wet Pottery, 310 14th St. E. For ages 16 and up. A step-by-step guide to acrylic painting. The project is love in Isa. Register at 306-373-3275.

Thank you from the Meewasin & Affinity Credit Union



April 15th - May 15th, 2015

Meewasin & Affinity Credit Union would like to say thank you to all participants for their hard work in cleaning our beautiful city. It was another record year with more than 28,900 participants.

Schools, community groups, companies and individuals throughout our city pitched in and together made

Saskatoon Shine!

Thank you especially to our major sponsors for making this event possible.



Thank you also to the following businesses who donated draw prizes for this year's event.

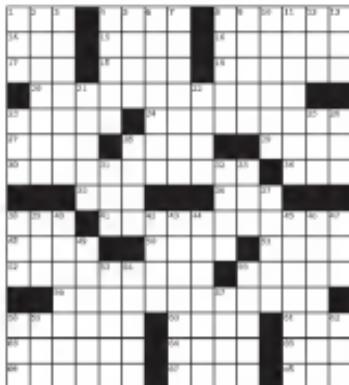
- Delta Bessborough Hotel • Loraas
- Meewasin Interpretive Canoe Tours • Meewasin Gift Shop
- Outer Limits • Persephone Theatre
- Saskatoon Bottled Water Co. • Saskatoon Ex
- Saskatoon Farmers' Market
- Saskatoon Forestry Farm Park and Zoo
- Saskatoon Symphony • Saskatoon Transit
- Shakespeare on the Saskatchewan
- The Prairie Lily, Shearwater River Cruises • Tim Hortons
- Tourism Saskatoon • Western Development Museum
- Wild Birds Unlimited • Wood's Body Goods

CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

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PUZZLE BY ALEX WATSON AND SAM EISBERG

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Nuts About Nature
At Beaver Creek Conservation Area

Hi there! My name is Chito, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chito,
Robins are ground foragers, meaning they search and hunt for food on the ground. A robin will run several steps at a time and tilt their head from side to side before they dive at the soft ground to grab a worm. Not every lunge is successful, but some robins can capture up to 22 worms in an hour! Scientists have discovered that robins recycle earthworms mostly by sight, which explains why they tilt their head to the side so they can easily see them. Many robins who have been brought to the hospital for a broken wing or tail are successful in capturing worms. Robins have tricuspid vision, which means their eyes are on the sides of their head and can be used independently to spot worms. Look for foraging robins after a rain, sprinkler use, or after you have mown your lawn. These activities bring out the worms and insects creating an exciting feeding opportunity for these birds to spring. Come to Beaver Creek to see what they are up to!

Send your questions to me at chito@meewasin.ca or leave a comment below.

Meewasin 



Soldiers in the
WWI and WWI
and the
battle

From war heroes
to fur traders
and homesteaders
to suffragettes,
Saskatchewan History
magazine is packed with stories &
photos that reflect our heritage.

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# JANRIO
CLASSIC
SUDOKU

Level: Gold

Fit in the shaded cells
using numbers 1 to 9.
Each number can appear
only once in each
row, column and 3x3 block.
Use logic and
process of elimination
to solve the puzzle.

The difficulties range from Novice
(easier) to Silver
(medium) to Gold
(harder).

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GARDENING

GARDENING IN SASKATCHEWAN

New dogwood a perfect fit for our prairie climate

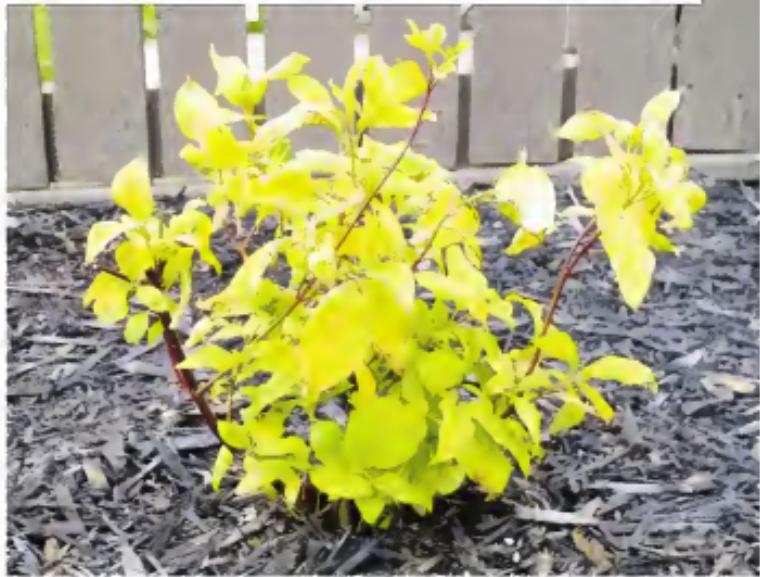
By Erl Svendsen

Growing up on the West Coast, I thought we had the Pacific dogwood (*Cornus nuttallii*), a medium-sized tree with large, creamy white flowers — a great ornamental and B.C.'s floral emblem. When I moved to the Prairies to study horticulture, I learned about the many ornamental dogwood cultivars (C. alba) with variegated leaves (green and white, white and pink/green and yellow), solid-coloured leaves (red, green, some with red edges, chartreuse with a purple cast), bright green colouring and some with yellow, purple, light green or cream variegation (the latter is early spring) and white or light berries. Most grow to be large, tree to 25 metres tall specimens, but a few are dwarfish. These are very dependable and adaptable shrubs that grow in sun to nearly full shade. They prefer moist conditions but can tolerate some dry periods. They're not too particular about soil type or pH, and they make a great backdrop and in the shrub border, especially the lighter-coloured leaf types.

During my graduate studies, I grew literally thousands of native red osier dogwoods (C. stolonifera) in the greenhouse and field — these I got to know very well. Generally, red osier dogwood is a large shrub with inconspicuous white flowers, medium green leaves and steady growth rate to branched stems. It's usually found in moist, part-shade and moist ground. It's useful for erosion control and naturalizing, but shouldn't be planted in dry, exposed areas and certainly not in a dry, south-facing border or on a terrace.

It's described as a "dwarf" shrub, which you should interpret as: it remains well after deer have harvested it during fall and winter.

So like I used earlier, I thought I knew dogwoods or, better, what was available to me on the Prairies in that category. Then recently in search of a replacement shrub for



The bright yellow leaves of the 'Neon Burst' dogwood will light up even the darkest corner of your garden. (PHOTO COURTESY OF ERL SVENDSEN)

some underperforming roses in my garden, I came across a new dogwood cultivar, 'Neon Burst', a C. alba selection developed by Ben Beagle (Bergreen Nursery, Valley River, Man.) and introduced by Highlands Nursery just this spring. It has outstanding bright yellow leaves able to light up the darkest corner.

However, it takes full sun unless some of the variegated leaves, whose leaves may get a bit sunburned under the noonday sun. It's also reported to be heat-tolerant, meaning it won't wilt during the dry days of summer.

Following a showy summer, the leaves provide some fall display as tones of purple, red, yellow and orange. And into winter, the bare, glossy winter branches are sure to draw the eye (each spring, remove one-third of the oldest branches to encourage new, bright growth

for next winter's display). Thankfully 'Neon Burst' does not become a mess by crowding everything out. Compared to other dogwoods, it remains at a modest 1.5-m tall and wide.

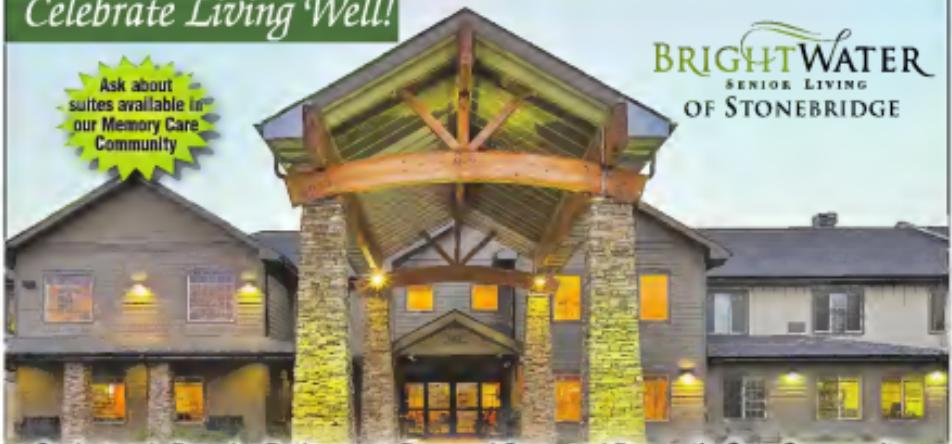
I'm quite excited by my new find. And since it's barely 1-year-old and relatively few pests, I'm sure it will find a home in my garden much longer than the (blasted) roses they've replaced.

This column is provided in partnership with the Saskatoon Botanic Gardens. (saskbotanicgarden.ca). Check our website for our calendar for upcoming garden information sessions: "Gardening at the U of S Horticulture" (May 30, 31), "Shop & Shop" — Prairie Water Gardening Society (May 31), "U of S Plant Sale" (June 12-13) & "Learn phase 2,"

Celebrate Living Well!

Ask about
suites available in
our Memory Care
Community

BRIGHTWATER
SENIOR LIVING
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OUTSIDE THE LINES



Colouring contest

Each week, Bramblette McFly creates a timely illustration meant to please kids of all ages.

Children can colour the page. Have a picture taken with the finished product and email it to bfly@heidelsheen.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Zayden Zeridene. Thanks to everyone who submitted entries!



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PARENTING ADVICE

Your two-year-old — advice with a twist of honesty

By Leanne Italie

NEW YORK — What are toddlers? Is the added bonus of Bummi Laditan, the more of them behind the cheeky Honest Toddler on Twitter, they're a "cross between a sociopath, a rated adult, a cobra, a spaniel, a demon and an angel."

Depending on the day and the last time they ate something.

Laditan, 30, has flipped the tables on her tiny mouthy social media persona for a shiny new book full of frank and worthy insights for parents. *Toddlers Are A**holes* (It's Not Your Fault), out April from Workman.

The Quebec mom home breeding tworugis, signs music and fibre, and a two-year-old boy, has good company in the parenting-in-toddlers genre. Among the latest are Adam Mansbach's *You Have to Fight It*, a rugged laboratory-style parenting guide. Get the F* out to Amazon and download *My Little A* later by Karen Alpert.

By smash parenting adviser, Laditan seems to stay too shiny. It doesn't reflect the tares and tuts up standards of perfection that serve to shame another than lend the souls of people making little drunkens, snoring snarky tales sans of the pressure off, she said.

"Everyone's always projecting their best selves on Pinterest and Instagram and in so many of the parenting books. You know, there's a photo of a child sitting in the direction of a toddler in a white onesie. We know that child didn't eat his vegetables, but he had a Pop-Tart on the very same plate at that last laugh."

It's months after she's become a household hit Twitter in 2012, Laditan had a deal for a book of the same name. Among chapters of her troubleshooting new book are *Mouthing the Shit*, *Year-Nostalgia: Sex Life and Throwing Your Goldfish*. And strong and free-beat bits in how to play sleeping tiger with your toddler.

"It's where I lay the tiger on the floor and I don't make eye contact or speak

to you. I put for them and you just play around the tiger," she offers.

So why would Laditan be thinking about how a fourth kid, coming along?

"Because, the thought about it is parenting is still her," she said.

Last young parents think it's all about them, unless however it changed much since her own mess was born in Berkeley, Calif., with Laditan and her three brothers.

"She used to tell my dad — I didn't know this — 'If you ever decide to run away, you need to take me with you because I'm not staying here with those four kids.'

one of those days when I was making dinner for the family. Nobody was eating anything. The kids were having one of those times when they've been saturated. Pick up the fork. Throw the food. Throw the food. Oh, no repeat that process again. And I completely just had it so I went into the living room and started typing and the book just came out.

Q. *How was this book and perhaps a fourth, less your own in *The Honest Toddler*, kept you sane?*

A. It's very cathartic. Writing from the perspective of a toddler has changed how I interact with them and me. I consider them my POC, how little looks like to them. Some of my favourite tweets are the ones that point out the hypocrisy of adults like "It's hard to take adults seriously when you consider that their greatest fears are Mondays and carby daydrives."

It's all the little things when you wonder what we look like to them.

Q. *How do advice and sass reflect the more brutal aspects of parenting?*

A. Parenting is difficult. Everybody knows that, but I think that parents are so surprised at how difficult it is that they assume they're doing something wrong. That's that aspect of shame and secrecy. This helps them realize that they're not alone, they're not failing.

And the thing is, it's just as difficult because it's difficult. It's hard to have a three-year-old. You can't just go have a two-year-old. You can't just go with older kids. So [laughs] Once you accept that in the everything it gets a little bit easier.

Q. *Do you think parents of toddlers often feel like no one really?*

A. Absolutely. Parents just can't relate. I think social media is to blame in some ways because parents who are parenting in the Facebook age are constantly comparing. There



The toddler stage is especially trying for parents and adults (both of whom are trying to maintain their own toddling behavior). The best thing to do is to embrace it, like it is, and take advantage of it. (Photo: iStockphoto.com/ETTORE GATTI)

are. We have almost too much information. I would say we have more knowledge than people traditional wisdom. There's a study that comes out every other day about this or that, so just trying to let go of that.

Q. *Are you a mom who is stressed out who's over-scheduled and has three incredibly normal behaviour like toddler finger-in-mouth or a three-year-old who's going to knock it over?*

A. It's a really good time to write because it's so quiet. Nobody's using a smartphone. Nobody's fighting in the bathroom. Nobody's fighting. Nobody's trying to jump off the top of the bed. You can have a bath as the B&B. You know, just have fun. Nobody's going to knock it over.

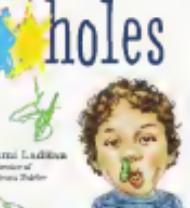
It's the moment, I'm grateful writing that. The next day I was actually going to use a pen name on I thought, Well nobody's going to know it's me. 'My pen name was like, 'Uh, about that pen name, York Ny.'

And I loved my pen name. It was like King Tyrod.

The Associated Press

**toddlers
are
a**holes**

**[It's Not
Your
Fault]**



By Bummi Laditan
Covered
By Bummi Laditan



Available at www.bummi.com or a particularly trying day at home with three...
NORTHWEST PUBLISHING

Five questions for Bummi Laditan:

Q. *Is the new book based on the tip of *The Honest Toddler*? Is it more for parents to have their own sanity?*

A. [Laughs] It's the response from the straight-parent community. I think it's actually pretty close that the book goes about when I was just having

Q. *Do you think parents of toddlers often feel like no one really?*

A. Absolutely. Parents just can't relate. I think social media is to blame in some ways because parents who are parenting in the Facebook age are constantly comparing. There

SHARPEATS

See a food trend you think deserves a highlight in Bridges?

Email bridges@thestarphoenix.com

or visit Bridges on Facebook

SASKATCHEWAN FOOD SCENE

Ten ways to reduce your food waste

By Jenn Sharp

How much food do you throw away every month?

For most households, it's a lot — for some, it's enough to feed another family.

Food waste is one of the planet's most urgent issues according to UNESCAP-North America and Europe are some of the biggest offenders: the UN estimates consumers waste up to 115 kg of food each year.

It's not just personal waste though. There are a number of factors — from being placed under a artificially inflate prices for healthy products that it leaves out because it's not as profitable, or over the supermarket shelves and making of that that are discarded as products of byproducts.

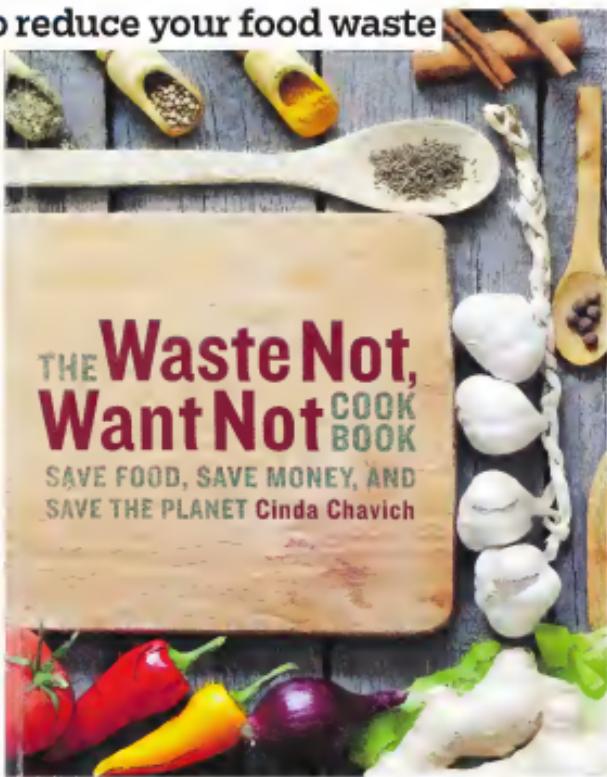
In a world where more than 800 million people are starving, food waste really is a global problem. But it's one with solutions and ways you can help every day at home.

The Waste Not, Want Not CookBook: Save Food, Save Money and Save the Planet addresses it all in an informative, intelligently written format that asks to both educate and inspire readers.

Author Cinda Chavich presents the research behind food waste and why we should care, along with household solutions and recipes. Chavich, a freelance journalist, was inspired to write the book after meeting Diana Gosselin. Gosselin is a project assistant with the Saskatchewan Resource Defense Council (SRDC) in San Francisco who studies the impact of food waste on the environment. Follow her posts on the SRDC website at srdc.org.

The cookbook is divided into sections by ingredient. Each chapter starts with information on buying, storing and using that ingredient, followed by recipes with beautiful photography.

It's a book everyone should read, as it will inspire both budding chefs and those who want to do their part for the environment. As a bonus, you'll save money, spend less time in the grocery store and cook awesome meals.



The Waste Not, Want Not CookBook by Cinda Chavich offers ways consumers can save food, reduce their grocery bill and do their part for the environment. At the same time, Chavich is a Jim Beam journalist who advocates sustainable local cuisine.

TOP 10 WAYS TO REDUCE YOUR FOOD WASTE

1. Best-before dates are largely unregulated and voluntary. They may indicate optimum quality but not food safety. Producers are becoming more conservative in response to food safety scares. Most food is perfectly safe after the date. Use your nose and some common sense when you decide to throw out food. (Basic storage guidelines are outlined in Waste Not, Want Not at alifealife.com)

2. Plan meals before you hit the grocery store. Only buy as much produce as you can eat in a week. Try keeping a notepad worth of menus around a big bowl of protein that you can cook on the weekend. Arrest chicken or Sunday turns into chicken salad on Monday, quinoa on Tuesday and so on.

3. Clean out your fridge and use everything before you buy more. Try the white box challenge (which is outlined in the cookbook) to use up leftovers and random ingredients.

4. Best-fresher is your best-friend. Package leftovers for a future quick meal along with fruit before it goes bad for use in smoothies and bread for morning toast. Label and date everything, contained on page A8.



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SHARPEATS

8. Buy a home vacuum sealer for packaging meats. It will extend the storage time by months and prevent freezer burn. Your freezer's temperature should be between -10 to -40C.

9. Think like a chef and make soups. It's the best way to use up leftovers and ripe produce.

10. Consider de-stressing your fridge. If you have a small fridge, you are more likely to cook what you have before buying more food to reduce grocery trips.

11. Plan a pot-luck day with friends. Buy in bulk and cook large batches together to freeze. You'll save money, food and time when dinner for the week is ready to go.

12. Salad greens wrapped in a paper towel and sealed in a plastic bag last longer. Put herbs in a resealable jar of water. Don't store apples, banana, tomatoes or citrus with other produce. Their ethylene gas makes other produce spoil faster. Store apples or bananas with soft spectra (such as a cotton or saucer) instead of tossing them.

13. Purchase foods often and more, then when food costs second most of your food budget (40 percent), eat ideal portions and spend a little more time on food prep. This will also reduce your grocery bill.



A twist on an old classic, make this crisp by roasting apples and berries in spiced and a splash of Armagnac. It is an easy way to use apples before they spoil. The recipe is from *The Whole New Want-Not Cookbook* by Cedra Church.

APPLE CRISP

A simple, classic dessert and an easy way to use extra apples in your fridge — use Granny Smith and add a handful of berries for the best taste.

Serves 6 to 8

INGREDIENTS

- > 5 cups pre-sliced apples
- > 2 lbs. Army
- > 2 1/2 cups ground cinnamon
- > 1 1/2 cups ground nutmeg
- > 2 cups Armagnac, Calvados or Grand Marnier
- > 6 large Granny Smith apples, peeled, cored and sliced
- > 2 cups blueberries
- > 3 cups all-purpose flour

Toppings

- > 3 cups butter, softened
- > 3 cups white refined flour
- > 1 cup packed brown sugar
- > 1 cup rolled oats
- > 1 cup ground cinnamon
- > Pinch salt

METHOD

1. In a large bowl, combine the sugar, brown cinnamon, nutmeg and honey, and then add the sliced apples and blueberries. Toss to coat the fruit with the spices and set aside to macerate for 1 hour, until the fruit releases its juices.

2. Preheat the oven to 350F. Butter a shallow baking dish.

3. Stir the flour into the fruit and sugar mixture, and then pour the mixture into the prepared baking dish.

4. To make the topping, in another bowl, combine the butter, flour and brown sugar, stirring to form coarse crumbs. Mix in the rolled oats and add the cinnamon and nutmeg.

5. Spread the nut mixture evenly over the fruit in the baking dish.

6. Set the baking dish on a baking sheet that will serve your oven if any juice runs over it and bake for about 45 to 50 minutes until bubbling and golden brown.

7. Serve the crisp warm with vanilla ice cream or lemon yogurt.

Reprinted with permission from *The Whole New Want-Not Cookbook*.

WINE WORLD

SASKATCHEWAN WINE SCENE

Italian Aglianico worth your time to seek out

By James Romanow

About 800 BC a bunch of carpet-bagging Greeks colonized the conquered, renamed and renamed lands the regions around Vesuvius now known as Campania.

The Ur-Italians of the area were already tanning local grapes to make wine. The Greeks settled at the quality and used their imported vines.

Somewhere around the 18th Century AD of course other invaders including Spaniards had come and gone, the region was making wine from a grape called Aglianico. Since then various theories of the grape have been proposed, one of which declared it a wild vine originally claiming "aglian" name or some sort. However, theories and legends have since pointed up to point the finger towards the vines of Sicily but most drinkers prefer the name of ancient Greeks and the older ornate name history.

Regardless of the origin, the grape is a tough plant that needs a long, hot growing season. In short, it is the perfect grape for southern Italy. The grapes can be highly tannic, and to be tamed must be goaded fully ripe late in the year. For all the tannins in the grape, when the wine is properly made the tannins in the mouth are fine grained and not overbearing. In fact it makes a lovely wine dark-coloured,



with a sense of spice and red fruits that is well worth your time to seek out.

It doesn't show up much on the Prairies, but the 2014 recently listed Vitta Maitland Aglianico. "This is a great example of the wine with that spicy slightly fruity nose and oily texture. It is already four years old and will cellar for several years more."

Vitta Maitland Aglianico \$19.99*

Pink wine for summer on Monday's Star Phoenix and something interesting in Bridges. More on Twitter @drbruno.

Crossword/Sudoku answers

ATY	CAME	SAT	END
PHI	ACKT	TEHNS	RS
PEP	DANE	ISAIAH	
CREO	STREPORT		
MOONY	HOLEPUNCH		
IPOO	ROLO	TOPPE	
NAME	CALLING	WAX	
DOZ	AAS		
HUE	TRADING	INOSPI	
EPIC	POCO	ELMO	
WIGHS	SCORE	SAGAT	
PATIS	SOFCARS		
JOANNE	TRON	AHA	
UNPEGS	HEAD	YUM	
TOILET	YELP	SPY	

8	4	5	1	6	7	2	3	9
3	7	6	5	2	9	8	4	1
2	9	1	8	3	4	5	7	6
5	6	3	4	9	1	7	2	8
9	2	8	6	7	5	3	1	4
4	1	7	3	8	2	6	9	5
7	5	9	2	1	8	4	6	3
1	3	4	7	5	6	9	8	2
6	8	2	9	4	3	1	5	7

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